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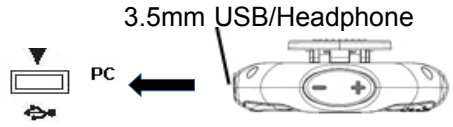
Before you begin

Copyright warning
This player is for your personal use only. Unauthorized recording or duplication of copyrighted material may infringe upon the rights of third parties and may be contrary to copyright laws.

Back up your data
As with any portable player, you must back up the drive regularly. The manufacturer is not responsible for lost data.

Computer system requirements
Pentium III 500MHz or higher recommended
Windows® XP (service pack 1 or higher) or Windows Vista™ or Windows® 7
Mac O.S. 9. x or higher (Playlist editor can't be installed on MAC)
Internet access
Windows Media Player 10 or higher
250MB or more free hard disk space for the software
128MB RAM (256MB recommended)
USB port (2.0 recommended)
Sound card

Connecting to the computer



Connect the player (3.5m m USB/headphone Jack) to your PC USB port as shown throu gh equipped USB cable.
The player will turn on automatically and display "USB connected" on the display. The player will appear as a drive letter on your comput er, a Mass S torage Class (MS C) device, and behave as a detachable drive for file transfer in one or both directions.

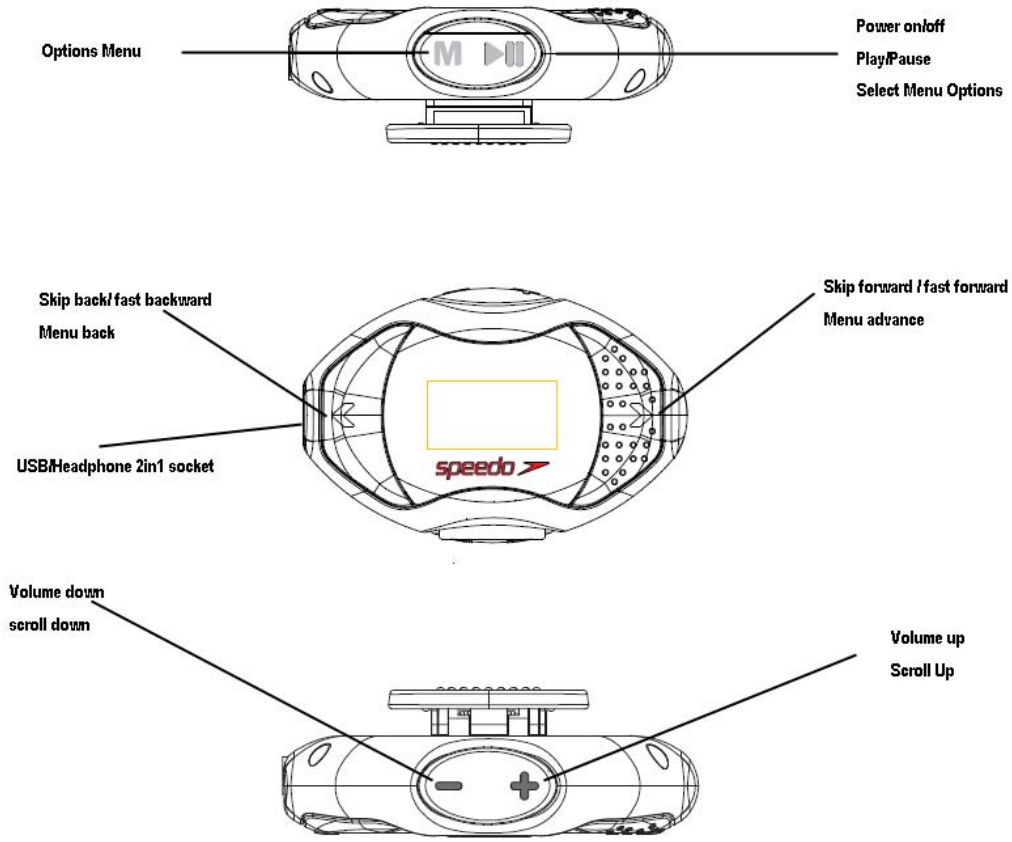
- It might take several seconds for the player to be detected. Click **Refresh** in My Computer or Windows Explorer to make sure the player has been detected.
- The player is capable of transferring files at USB 2.0. If USB 2.0 port is available on your computer, use it to connect to your player. The player is still backward compatible with the older USB 1.1 ports. However, you will not be able to take full advantage of the potential speed increase.
- **IMPORTANT:** Don't disconnect the USB cable to the PC or the player during the software installation.

Charging the player
The player charges automatically every time you connect it to your computer. To fully charge the player, make sure your computer is on and the device is connected for at least 3 ho urs. Refer to the battery level icon on the display to check the battery level. Recharge the player when the icon is empty.

Notes: After use, shake and blow off the surface water on the earph one and Aquabeat v2.0 or use absorbent cloth to dry it.
The earphone carries a 90 day warranty for manufacturer defects.

Precaution: At full power, prolonged listening to the player can damage the sense of hearing of the user.

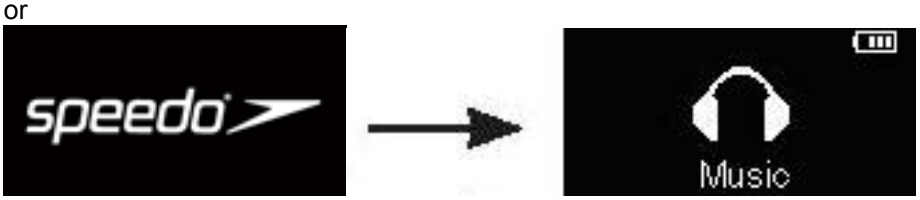
1. General Control



1.1 Turning the player on/off

To turn on the player, press and hold ⏯ till the startup logo shown on di splay, player will resume playback if the player is on playback when it's previously being shut down, otherwise the player will enter into Main menu(home menu).

or



To turn off the player, press and hold ⏯ till the power off logo shown on display.

1.2 Resetting the player

If the player stops operating properly, you can reset it by pressing **M** key for 10 seconds.

1.3 Lock/unlock control

To lock the set from being operated by accident, firstly navigate back to Main Menu (as illustrated in 2.1), then press and hold **M** key till "Key Locked" message appears on screen, press and hold **M** key again can unlock the device, consequently, "key unlocked" will be shown on screen for 2 seconds.

2. Using the menus

The player has two types of menu, Main menu and Option menu:

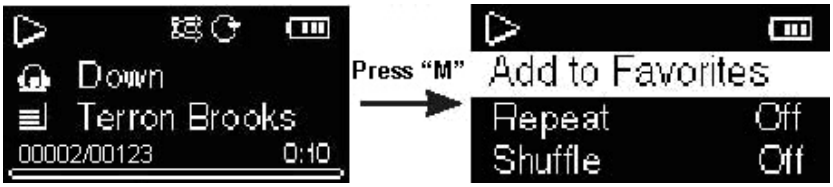
2.1 Main menu (Home menu)

The player's main menu allows you to access Music, Radio, Favorites, Fitness, Stopwatch and Setting. Press +/− to scroll up and down the list of menu items. Press ⏯ to enter your selection. Press **M** to go back to upper menu level.

The player will enter main menu when being powered on at the first time after disconnect from PC.
If the player is in "Now Playing" screen, you can press and hold **M** key to exit from playing screen, and keep pressing ‹ key a few times until it brings you back to main menu.

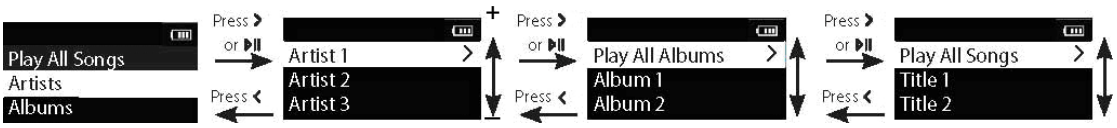
2.2 Option menu

The option menu appears if you press **M** key at the playback (Now playing) screen while listening to the player. It provides different options depending on what you are listening.

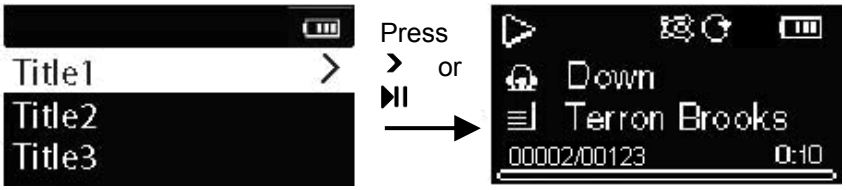


2.3 Menu navigation

When a menu is displayed:
Press + and − to scroll up and down the list of menu items.
Press › or ⏯ to go to the next menu level.
Press ‹ or M to return to the previous menu level.



If the highlighted item is playable (for example, a song), press › or ⏯ to start the playback.



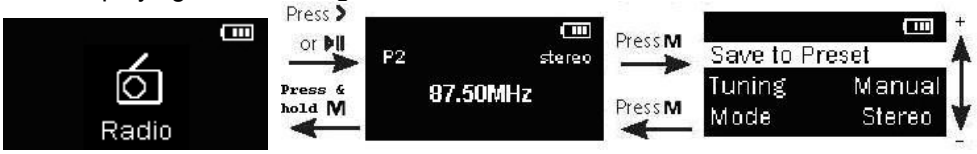
If the highlighted item indicates the current setting (for example, the repeat mode setting), press ⏯ to change the setting.

2.4 Main menu structure

2.4.1 At [Now Playing] screen, press › or ⏯ will bring user to playback screen.

2.4.2 At [Music] screen, press › or ⏯ will bring user to music menu and choose [Play All Songs], or play by [Artists], [Albums], or [Genres].

2.4.3 At [Radio] screen, press › or ⏯ will bring user to Radio menu and choose listening to radio or playing FM recording files.



2.4.4 At [Favorite] screen, press › or ⏯ will bring user to favorite menu. See details at 5.

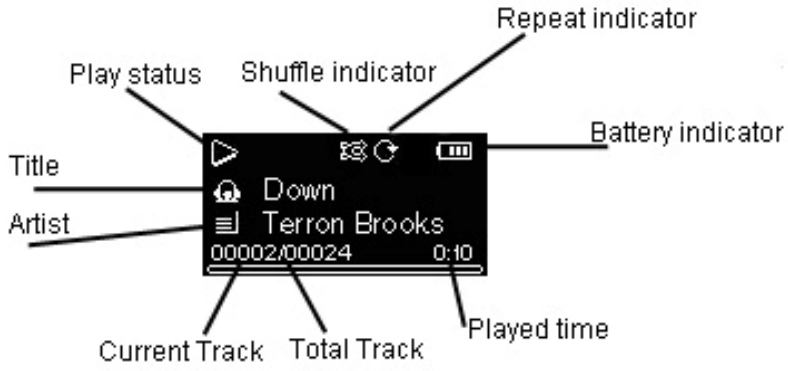
2.4.5 At [Fitness] screen, pressing › or ⏯ will bring user into Fitness menu, from where user can record his/her run details. See details at 6.

2.4.6 At [Stopwatch] screen, pressing › or ⏯ will bring user into Stopwatch menu, pressing ⏯ again, user can start/pause stopwatch, count and record stopwatch. Press **M** will escape the stopwatch menu and back to Main menu.

2.4.7 At [Settings] screen, pressing › or ⏯ will bring user into Setting menu and change player settings like Shuffle, Repeat, Equalizer, Screen saver, Power save, FM radio frequency, Languages, Profiling(database re-built), System information, Date&Time, Restore Defaults.

3. Music Playback

3.1 Playback screen



3.2 Music playback controls

⏮	Skips to the previous song, press and hold to fast backward
⏭	Skips to the next song, press and hold to fast forward
⏯	Starts/pauses playback
M	Press to show/ hide the Option menu
	Press and hold M to change playback order by artist, albums or genres.
+/−	Increases or decreases the volume during playback

3.3 Option menu (music playback)

3.3.1 Press M at the playback screen to show the Option menu. Press +/− to highlight an option and then press ⏯ to confirm the selection or change the setting.

The following options are available:
(1) Add to Favorites: press ⏯ to add the current file in the Favorites playlist, Files can be added to the Favorites playlist again if you select this option for the same file.
(2) Repeat: press ⏯ to select Repeat current one, all, or off this function.
(3) Shuffle: press ⏯ to activate or to off shuffle.
(4) Equalizer: press ⏯ to select an equalizer mode. Options available: Flat, Bass, Pop, Rock and Jazz.
(5) Delete: press ⏯ and a delete file screen will appear, press ⏮ or ⏭ to double confirm the deletion of the file or not, press ⏯ again to remove current file from the player.

3.3.2 Press and Hold M at the playback screen, then press ⏮ can bring the unit back to navigation list(Main menu), press +/− to choose the other function, and press ⏯ to confirm the selection and perform other function.

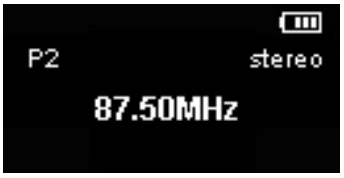
4. Radio

FM auto searching station

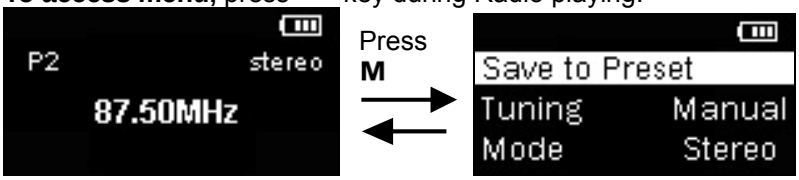
For the first time Radio is entered (no preset is stored before), unit will automatically search whole band and store any found station into preset. After it's done, unit will stay on the first preset and tune to this station.

Play FM Radio (To turn the radio on)

In the Main menu, press +/− to select Radio and press ⏯ or ⏭ to enter in, the last frequency will be automatically tuned.



To access menu, press **M** key during Radio playing.



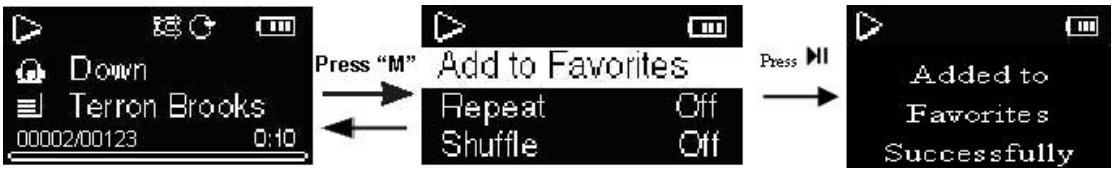
(1)Save to Preset: store the currently playing station as a preset by pressing ⏯; maximum 20 stations can be saved.
(2)Tuning : toggle between “Manual” and “Preset”. Pressing ⏯ to change tuning by “Manual” or by “Preset”.
(3)Mode: force the FM to “Stereo” or “Mono” mode. Pressing ⏯ to change mode to “Stereo” or “Mono”.

After all of settings done, press **M** to return to Radio playback screen. Press and hold **M** for 3 seconds to return to home menu wh ere you can re-choose Music, Now Playing, Settings, Stopwatch, Fitness, Favorites, Radio by +/− key.

5. Favorites

5.1 Creating a "Favorites" playlist

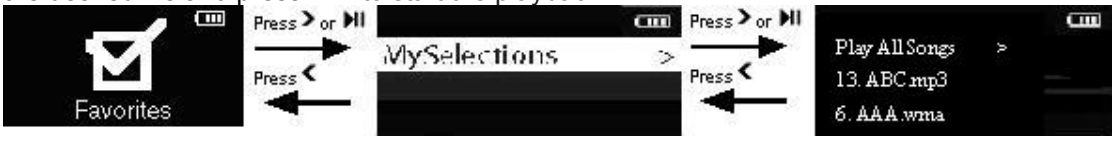
You can create a playlist of your favorite music by adding new files to the playlist as you listen to them.
To add the current playing music file in the playlist:
(1). At playback screen, press **M** to display the Option menu.
(2). Press + or − to highlight **Add to Favorites** and then pre ss ⏯ to add the current playing song to favorites.



(3). Repeat the above steps for adding more music files.

5.2 To listen to the Favorites playlist:

(1). At playback screen, press and hold **M** for 3 seconds, and then press < back to Home menu.
(2). Press + or − to select **Favorites** and press > or ⏯ to enter.
(3). To playback all so ngs in favorite s, press > or ⏯ to enter “MySelectio ns”, and press again > or ⏯ to select “Play All songs”.
To playback a particular song, press > or ⏯ twice to list the files. Press + or − to select the desired file and press ⏯ to start the playback.



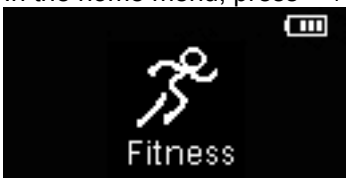
5.3 Removing files from "Favorites" playlist

To remove a song from Favorites: During playback, press **M**, and select "Clear from Favorites" or "delete" to remove this song from player, press ⏯ to remove this file from the Favorites playlist.

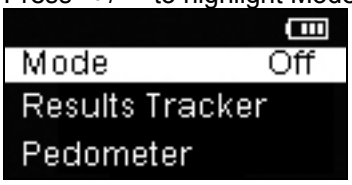
6. Fitness

6.1 To record your run details:

To record your run details (calorie burnt and distance completed).
In the home menu, press +/− to select Fitness and press › or ⏯ to enter Fitness menu.



Press +/− to highlight Mode and then press › or ⏯ to execute the fitness mode.

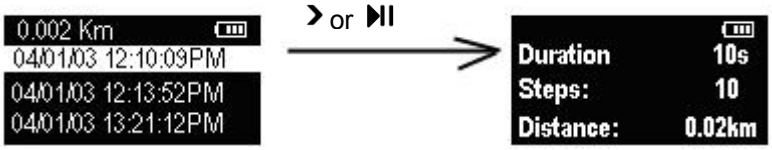


Once Fitness mode is turned on, the stopwatch and pedometer will be activated and you can start walking or running now. Use ⏯ to stop or continue the stopwatch/pedometer.

If **M** key is pressed, stopwatch and pedometer will be stopped and related data will be automatically recorded into memory for future tracking.

6.2 To track your records.

In the home menu, press +/− to select Fitness and press › or ⏯ to enter into Fitness menu.
Press +/− to highlight Result Tracker and then press › or ⏯.
Press +/− to highlight a record and then press ⏯ to check the details. Press **M** to back to last screen.



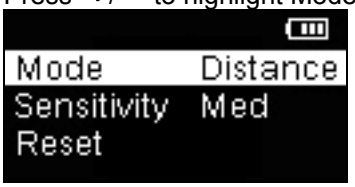
6.3 Pedometer

To activate the pedometer:

In the home menu, press +/− to select Fitness and press › or ⏯ to enter into Fitness menu.

Press +/− to highlight Pedometer and then press › or ⏯

Press +/− to highlight Mode and press ⏯ to select Steps or Distance.



Off : Pedometer is off

Steps: number of steps to be displayed.

Distance: estimated distance to be displayed.

To change the sensitivity of Pedometer:

In the home menu, press +/− to select Fitness and press › or ⏯ to enter into Fitness menu.

Press +/− to highlight Pedometer and then press › or ⏯

Press +/− to highlight Mode and press ⏯ to change the setting (low, medium, high).

To reset the pedometer:

In the home menu, press +/− to select Fitness and press › or ⏯ to enter into Fitness menu.

Press +/− to highlight Pedometer and then press › or ⏯

Press +/− to highlight Mode and press ⏯ to reset the pedometer.

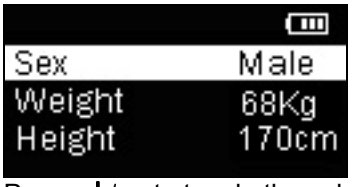
6.4 Personal Info

For accurate use of the pedometer, personal information are required. User can input corresponding date with the following procedures.

In the home menu, press +/− to select Fitness and press › or ⏯ to enter into Fitness menu.

Press +/− to highlight Personal Info and then press › or ⏯.

Press +/− to go through Sex, Weight, Height or Stride and then press ⏯ to confirm the selection.



Press +/− to toggle the selection or increase/decrease the setup value.

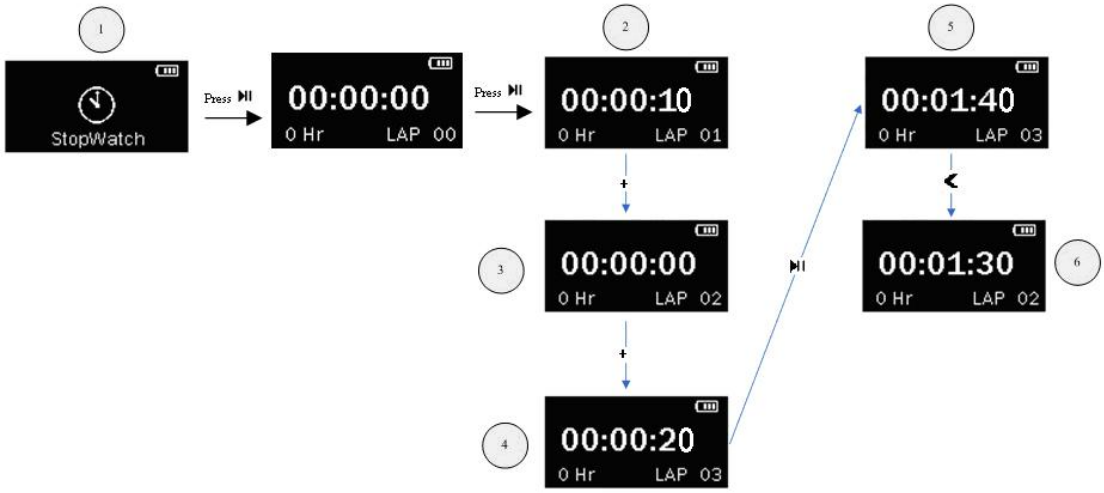
When finished, press ⏯ to exit from the setup, repeat 2-3 for other adjustments.

7. Stopwatch

To access the stopwatch:

In the home menu, press +/− to select Stopwatch and › or ⏯ to enter into StopWatch menu.

Stopwatch flow chart is illustrated as below,



1. Press ⏯ to start or stop stopwatch as (2)
2. During stopwatch working status, press + to stop current lap, lap time will be automatically recorded, and new lap will be started. (3)
3. Press ⏯ to stop the stopwatch when all laps are finished. (5)
4. Press › or ‹ to review all of laps time when stopwatch is stopped (6)
5. Press − will reset all lap times, and press M will return to home menu.

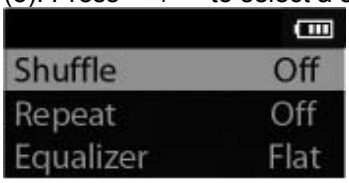
8. Settings

8.1 Changing the player's settings

(1). During playback, press and hold M key for 3 seconds, and then press ‹ to navigate back the Home menu.

(2). Press +/− to select Settings and press › or ⏯ to enter the settings menu.

(3). Press +/− to select a setting and then press ⏯ to change it.



Shuffle

Press ⏯ repeatedly to select shuffle on or off. Music files (mp3/wma/wav) will be played randomly when shuffle is activated.

Repeat

Press ⏯ repeatedly to select repeat current or all files.

Equalizer

Press ⏯ repeatedly to choose an equalizer setting (Flat, Bass, Pop, Rock and Jazz).

Screensaver

To choose the duration (10, 20, 30 seconds or 1 minute) before the screensaver activates.

PowerSave

To set the time interval (Off, 1, 2, 5 or 10 minute) before the player turns off if no key is pressed.

FreqStep:

To change the way that the player scans through the radio frequencies.

Data and time

To set the date and time (for fitness mode), Press ⏯ to confirm setting and **M** to back to menu.

Language

To change the language among English/French/Spanish/German/Italian/Portuguese.

Profiling

To force re-generate music sorting list.

System Info

To show the amount of free space available and the firmware version.

Restore Defaults

To reset all menus to factory defaults.

For more information, please visit www.speedo.com

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